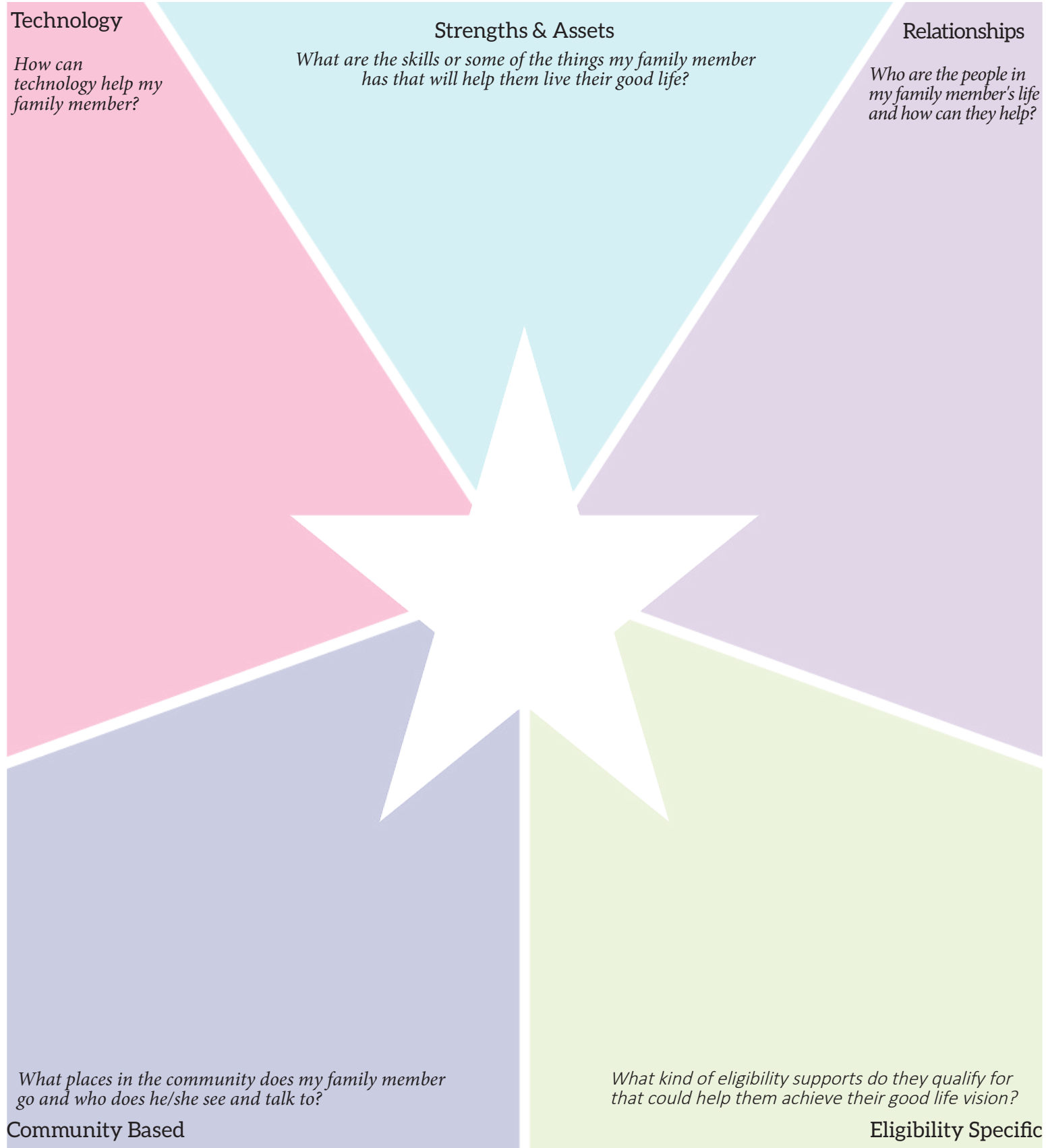




Charting the LifeCourse Integrated Supports Star: Mapping



Access the Charting the LifeCourse framework and tools at lifecoursetools.com



Charting the LifeCourse: Family Perspective on Good Life

_____ 's Portfolio for _____

What Do People Like and Admire About My Family Member?
What do people appreciate the most about my family member? What are some of their best qualities?

What Do I Believe Is Most Important To My Family Member?
Who are the people they care the most about? What would they never leave home without? What is their daily routine?

What Are The Best Strategies To Support My Family Member?

What specific supports are helpful to my family member and what is not?

What helps my family member stay motivated?

What helps my family member feel better when they are stressed, unhappy or unwell?

What is the best way to encourage my family member?

Life Trajectory Worksheet: Good Life - Family Perspective

Things that happened in the past that helped them get closer to good life goals

What are some things that helped my family member prepare for or move closer to the good life vision?

Things I would like my family member to work on to move toward good life goals

What are some specific next steps I would suggest for my family member? How could I help them?

MY VISION

MY VISION FOR MY FAMILY MEMBER'S GOOD LIFE

*What do I think my family member's good life should look like?
What would make them happy or give their life meaning?*

Things that happened in the past that pushed away from good life/job goals

What has happened in the past that has led my family member's path in a direction they didn't want or I didn't want them to go?

Things that might keep my family member from getting their good life?

What are barriers or what might get in the way of my family member taking steps to reach their good life goals?

DISLIKES

WHAT I DON'T WANT FOR MY FAMILY MEMBER'S LIFE

*What would make my family member unhappy in life?
What are the things I don't want to see happen to them in their life?*